

## **Thumb Lesson Two**

### **TONGUE POPS**

- Place the tip of the tongue on the SPOT
- Suck the tongue against the to of the mouth until you have CAVES under the tongue'
- Hold the CAVES for a 2 count
- Release the suction with a POP
- Repeat 10 times
- If you have difficulty getting CAVES, tap across the back and down the middle of the tongue before doing the exercise

### **SUCTION, STRETCH AND HOLD**

- Suction tongue to roof of mouth  
Open mouth-Hold for 10 counts

### **PEANUT BUTTER SCRAPES**

- Place tongue tip to spot
- Slowly drag tongue tip back to back of mouth
- Push hard like you are scraping peanut butter off the roof of your mouth
- Slowly drag tongue tip back to spot
- Repeat 5 times

### **GREAT GRANNY SURPRISE FACE**

- ☺ Roll lips in
- ☺ Make an O shape with your lips
- ☺ Don't forget to raise eyebrows
- ☺ Hold for 15 counts

### **PAPER PLATE HOLD**

- Pull the lips back over the teeth
- Insert the paper plate between the lips-the pinky part of the upper lip should not be visible
- Hold for a 10 count
- Repeat 4 times

### **TURTLE LIPS**

- Suck cheeks in between teeth and hold
- Try to pull upper lip over lower lip
- Hold for 10-20 counts